

# Red Beans & Rice

## HUHS

Serving Size: 1/2c

Serving Utensil: #8 Disher

Meal Component: 1/4c v, 0.5 b sv

## FRIESS LAKE / RICHFIELD

Serving Size: 1/2c

Serving Utensil: #8 Disher

Meal Component: 1/4c v, 0.5 b sv

## Cooking Instructions

Pan Type &amp; Size: 4" full pan

Cooking Temperature:

Cooking Equipment: steamer

Cook Time: 45 min

Ingredient	55 Servings		Directions
Rice, dry	5c		Rinse and Drain Kidney Beans.
Water	1qt + 3c		Chop Frozen Peppers & Onions. Mix all ingredients together into 4" full steam well pan.
Chopped Garlic in oil	1/2c		
Peppers & Onions, Frz Chop	3c		Steam for 45 minutes. Internal temperature must reach 165 degrees. Hold above at or above 135 degrees.
Salsa	1 qt		
Kidney Beans, #10 can	1.5 can		
Salt	1T		

## Production Amounts Used: Record the amount used to document production patterns.

Date	Quantity of Recipes Used	Notes: (holidays, early release, field trips, etc...)

## Meal Pattern Calculations

Kidney Beans - 1 can = 37.9, 1/4c sv... 1.5can = 57, **1/4c vegetable (1/4c legume)**Rice (B507) - 1c dry = 2.75c cooked... 5c dry = 13.75c or 55, 1/4 cups = **0.5 bread/grain serving**Salsa (Red Gold SC99) = 1oz volume = 1/4c Red/Orange... 4 qt = 32 oz/55 sv = 1/2 oz = **1/8 cup red/orange**